



THINK FOOD

School Nutrition Programs

October/November 2009

USDA FOOD DELIVERY CHANGES



500 cases of USDA turkey breasts were scheduled to be delivered to the Helena warehouse in July.

Unfortunately the purchase was not able to be made and the delivery has been rescheduled for February 2010.

All orders on Shipment 4 have been decreased by a few cases. The 500 cases will be shipped on Shipment 10 in March. We apologize for any inconvenience.

FLU PREVENTION

With the news of outbreaks of H1N1 across the country the flu season is upon us earlier this year. Here are some everyday preventative actions to take to protect yourselves and students from infection.

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



2. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



3. Avoid touching your eyes, nose and

mouth. Germs are spread this way.

4. Try to avoid close contact with sick people.

5. If you are sick with a flu-like illness, the Centers for Disease Control (CDC) recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)



6. While sick, limit contact with other people as much as possible to keep from infecting them.

7. Follow public health advice regarding the school closures, avoiding crowds, and other measures to keep distance from other people to lessen the spread of the flu.

Visit the USDA Food and Nutrition Service Web site listed below for more information regarding influenza preparedness during this flu season.
<http://www.fns.usda.gov/disasters/pandemic/default.htm>.

ADDITIONAL USDA FOODS SHIPMENT 5 & 6

Still available on Shipment 5 are Mixed

Fruit at \$28.97 per case, Peanut Butter \$24.25 per case, and Salsa at \$18.40 per case.

Available on Shipment 6 are Chix, Diced at \$77.49 per case, Mozzarella LMPs at \$47.37 per case, Potato Wedges at \$14.25 per case and Strawberry Cups at \$34.56 per case.

Available items are for schools that still have entitlement dollars and can use additional cases of these products. To place your order go to www.opi.mt.gov/schoolfood/foodDistNEW.html. Updated entitlement balances can also be found on this Web site.

If you have questions contact Food Distribution at (406) 444-4415.



2010-11 USDA FOOD ORDER FORM ONLINE SOON

Be sure to watch for the 2010-11 order form. School

Nutrition Programs staff is working on a new form that will be similar to the Cooperative Purchase Program order form.

The turnaround time for ordering will be very short so orders will need to be placed as soon as possible. Everyone should start making plans now for the USDA Foods you will be ordering for 2010-11.

FRUIT AND VEGGIE QUANTITY RECIPE COOKBOOK AVAILABLE

This cookbook provides recipes that meet the Fruits & Veggies More matters recipe criteria.



The tasty fruit and vegetable based recipes use the USDA format and can be used with the National School Lunch Program, the National School Breakfast Program, the Head Start Program, as well as camps, congregate meal sites, restaurants, college and work site cafeterias.

The cookbook has many features including recipes that can be expanded to 25, 50 and 100 servings along with matching family-size recipes in the appendix. The recipes are low in fat, saturated fat, sodium, added sugars and contain no trans fats. Each recipe identifies nutrients per serving, preparation time, and cups of fruits and vegetables per portion.

The New Hampshire Fruit and Vegetable Program in the Department of Health and Human Services, Division of Public Health Services, lead the cookbook project with assistance from:

- * The Centers for Disease Control and Prevention, the Division of Nutrition, Physical Activity, and Obesity;
- * The University of Hawaii, College of Tropical Agriculture and Human Resources, Cooperative Extension Service, Nutrition Education for Wellness Program; and
- * Kearsarge Regional School District.

Visit the following Web site and click on "Fruit and Veggie Recipes" to view and download the free cookbook: <http://www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies>.

HAPPY HALLOWEEN!